

Help Me Make It Through The Night

COPPER KNOB
BY STEPHEN

拍数: 32 墙数: 4 级数: Beginner
编舞者: Terri Lineberry (USA) - October 2012
音乐: Help Me Make It Through The Night - Sammi Smith : (CD: Greatest Hits Of the 70's vol 1)



16 Count intro (Begin on "hair")

ROCK RECOVER, BEHIND, SIDE, CROSS, ROCK RECOVER, BEHIND, SIDE, CROSS

1-2 Rock right to right, recover on left
3&4 Step right behind left, step left to left, cross right over left
5-6 Rock left to left, recover on right
7&8 Step left behind right, step right to right, cross left over right

ROCK RECOVER, COASTER STEP, ½ TURN RIGHT, TRIPLE

1-2 Rock right forward, recover on left
3&4 Step right back, step left to right, step right forward
5-6 Step left forward, turn ½ right
7&8 Step left forward, step right to left, step left forward

CROSS ROCK RECOVER, TRIPLE, CROSS ROCK RECOVER, TRIPLE

1-2 Rock right over left, recover on left
3&4 Step right to right, step left to right, step right to right
5-6 Rock left over right, recover on right
7&8 Step left to left, step right to left, step left to left

½ TURN LEFT, TRIPLE, ¼ TURN RIGHT, TRIPLE

1-2 Step right forward, turn ½ turn left
3&4 Step right forward, step left to right, step right forward
5-6 Step left forward, turn ¼ turn right
7&8 Step left forward, step right to left, step left forward

BEGIN AGAIN

Ending: Rock recover, coaster ¼ left

1-2 Rock right forward, recover left
3&4 Step right back ¼ left, step left to right, step right forward
